

City of Falls Church



Fitness Challenge

April 1-30

visitfallschurch.com/fallschurchfit

#FallsChurchFit @FallsChurchEDO



- ▶ **Free & open to anyone who lives or works in the city**
- ▶ **Kids, adults, and people of all fitness levels welcome**
- ▶ **Track your progress on the Fitness Challenge Passport to earn prizes!**



The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703-248-5027 (TTY 711)



Fitness Challenge Passport



Compete challenge on the Fitness Challenge Passport — Earn prizes.

Turn in your passport starting **Monday, April 20** at the Falls Church Community Center, City Hall, or the Mary Riley Styles Library by **Friday, May 1**.

- 6** Challenges Completed → **Falls Church Fitness Challenge Magnet**
- 18** Challenges Completed → **Official City of Falls Church "The Little City" Hat**
- 32** Challenges Completed → **Official City of Falls Church "The Little City" Tote Bag**

NAME	
EMAIL	PHONE

	F	A	L	L	S	
C	Join the Falls Church Fitness Challenge	Make a healthy meal from the Falls Church Farmers Market	Take part in the annual Egg Hunt at Cherry Hill Park on Saturday, April 4	Watch the sky change colors	Skip the car when picking up your Fitness Challenge Bingo Board	Spread kindness — compliment 3 people today
H	Bike, skate, jog, or walk along the W&OD Trail	Drink water before and after movement	Work out with a friend	Attend a Fitness Challenge pop-up class at a park	Join the Mayor for Walking Office Hours	Hike the path at Crossman Park or Howard Herman Trail
U	Explore Art in the City	Cheer for student athletes at Meridian	Visit a city park and leave it better (pick up 5 pieces of litter)	Participate in Fit at the Falls Church Farmers Market	Exercise on April 18, National Exercise Day	Stretch and take the long way around for the day
R	Spend 1 hour outdoors without checking your phone	Walk a route you've never taken before in Falls Church	Work out where you can hear birds	Try a new (to you!) form of exercise	Share your movement on social #fallschurchfit	Write a note to your future self
C	Dance like nobody's watching (because they aren't)	Stretch like a yogi	Practice mindfulness for five minutes	Volunteer in the Community Clean-Up on Saturday, April 11	Move with your furry friend	Work out on the adult fitness equipment at Robert's Park
H	Turn chores into movement	Attend a Move Falls Church! session	Go to bed 30 minutes earlier than usual	Plant a flower or small plant	Leave a positive note in a public place	Practice gratitude — list 5 things you're thankful for



Follow Along, Share Your Challenge Photos and Get #FallsChurchFit @FallsChurchEDO

For locations and times, scan the QR Code or check out visitfallschurch.com/fallschurchfit.
Questions? Contact tricia@proximapr.com or call 703-248-5468 (TTY 711).